



Alaska Health and Disability Program Newsletter

Fall/Winter 2015

Play, Parks, and PE!

Community Spotlight

Reprinted from the National Center on Health, Physical Activity and Disability (NCHPAD) website: (<http://www.nchpad.org/1385/6223/Community~Spotlight~Alaska~Health~and~Disability~Program>)



While we strive to build healthy, inclusive communities with all of our daily efforts at NCHPAD, we also love highlighting programs and organizations that are already actively taking the steps to promote and ensure inclusion in health for people of all ability levels. It is with great pleasure this month that we take an opportunity to highlight the [State of Alaska Division of Public Health](#) and its [Alaska Health and Disability Program](#).

Working in collaboration on Alaska's [Get Out and Play Every Day program](#), they have created several resources that ensure that children of all ability levels feel included and invited to participate in this program, which promotes children in Alaska getting at least 60 minutes of physical activity every day. Resources can be found on [this website](#) and include verbiage, images, and an outstanding public

service announcement that show children of all ability levels, with and without disability, engaging in play and other physical activities to help ensure a pathway to a healthy lifetime. It also features a wide range of resources on topics including types of activity and play, health risks associated with childhood obesity, a blog and calendar of events, and information on sugary drinks and their negative impacts.

Along with all of the valuable information, media, and resources on the importance of play for children of all ability levels, the website also features two additional highlights that build off of that concept: adapted physical education and inclusive parks.

The Health and Disability program has worked with Alaska native Pamela Skogstad to promote and improve adaptive physical education for students with disability across the state. Skogstad holds multiple degrees in adaptive physical education and, in partnership with the Health and Disability program, has trained physical education teachers and teacher assistants of grades K-12 across the state. Training topics focus on adapting physical activities to ensure all students are included effectively; to date, these trainings have benefited over 500 students with disability.

Finally, the site highlights efforts in Anchorage to create more inclusive public spaces - in this case, playgrounds - that can provide play options for children of all ability levels. They highlight Anchorage's awareness and embrace of the concept of going above and beyond the minimum requirements of the ADA to create truly inclusive, welcoming environments. To date, the Anchorage Parks and Recreation Department has created three inclusive playgrounds and has plans to remodel three more based on principles of inclusion.

We highly encourage you to take a look at the wonderful resources created and organized by the State of Alaska that reflect the exemplary efforts it is making to ensure the health and inclusion of its youth.

Congratulations to our ADA 25th Anniversary Essay/Image/Video Contest Winners!!

Alaska Health and Disability Program (ADHP) worked in conjunction with Access Alaska, Inc. and The Statewide Independent Living Council (SILC) on events that brought awareness of the importance of accessibility in our community. One of our exciting activities celebrating and recognizing the 25th anniversary of the Americans with Disabilities Act (ADA) was the Essay/Image/Video contest. We are pleased to announce our winners of this contest!



Youth:

Community Inclusion
#1 Robin Buongiorno

Adult:

Employment
#1 Kinna Ledger
#2 Savannah Francis

Education
#1 Desiree Madarang
#2 Kathy Larson

Community Inclusion
#1 Teisha Simmons
#2 Mary Hoyle

My Job at the Senior Center

By Kinna Ledger

I have a job because of the Americans with Disabilities Act. My job helps me to be independent and earn my own money. It makes me happy to be an adult.

My job is important because I help the residents and friendlies at the Senior Center. My co-workers depend on me to do my job. I feel proud that I have a job that helps people.

Because I work where I do, I get to meet lots of people. I like it when I see them around town. It makes me feel good to help people and make them smile. Sometimes I even make them laugh!

If I didn't have my job, my life would be lonely and boring. I am so glad that I have my awesome job!

Mini Grants available for Health Matters:

To increase physical activity and decrease obesity in adults with disabilities, the Alaska Health and Disabilities Program in the Alaska Division of Public Health, and Center for Human Development is pleased to announce the availability of one-time small grants for Alaska agencies implementing the HealthMatters program for individuals with disabilities. Grant funds will help build capacity among service providers to become certified, HealthMatters trainers, and to provide health promotion program for clients with individual and developmental disabilities. Grant funds may only be used for professional staff time, not supplies. CHD/UAA will act as the conduit to distribute the funds.

HealthMatters offers free organizational tools, assessments and curriculum to make a sustainable program. This evidence-based curriculum includes

everything community based organizations need to run successful health promotion program: complete instructions on running the program, adaptable instructor scripts for each lesson, weekly newsletter templates for participants that summarize key points, extensive appendices on assessment and Universal Design strategies, and all the participant handouts and worksheets on a convenient CD-ROM for easy printing.

For more information, please contact **LynnAnn Tew**, Health & Wellness Coordinator, HealthMatters-Alaska at Center for Human Development: lynnann@alaskachd.org or (907) 264.6277

GCDSE Survey

As a subscriber to the Health & Disability Newsletter, the Governor's Council on Disabilities and Special Education (GCDSE) would like your opinion on activities that they support. Results of this survey will be used to shape Council activities in the future. Your feedback is important in order to make sure that the Council has enough support to ensure that our mission is carried out.

To take this survey, please click here: <https://www.surveymonkey.com/r/L35PT29>

If you are unable to complete the online survey and would like a hard copy, need assistance completing it, or have questions about the survey or any of the Council's activities, please call the Council at 907-269-8990 or toll-free at 1-888-269-8990.

We would appreciate a response by Friday, December 11th at 5pm.

Again, thank you for your participation and we appreciate you taking the time to give us your feedback on this activity!



AHDP Program Coordinator trying Access Alaska's obstacle course at the Palmer state fair.

Where we will be

AHDP continues to share great projects and resources all over Alaska. Look for us at upcoming conferences, health fairs, and trainings. If there are conferences or meetings, where you think we should share our resources, or would like to request training, let us know! If there are conferences or meetings where you think we should share our resources, let us know!

Find us on [Facebook](#).

Find us on the [web](#).

[Email](#) us.

Around Town

Where we have been

AHDP has presented at many conferences and group meetings around Alaska, including:

- Fall Prevention – Anchorage Senior Center
- Adam's Camp
- HOPE Home Alliance Coordinator meetings
- Alaska Health/Wellness/Emergency Preparedness Fairs
 - Ted Stevens Health Fair
 - Fairbanks Emergency Preparedness Expo
 - FASD Day
 - Palmer State Fair – ADA Tent
 - School Health and Wellness Institute

